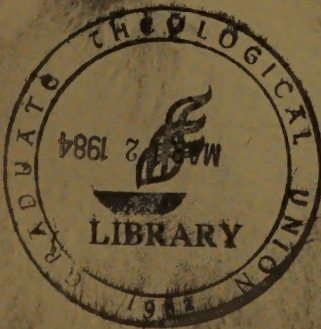


THE TEACHINGS OF SWAMI SATCHIDANANDA
FEBRUARY/MARCH \$2



Integral Yoga

UPCOMING EVENTS WITH SRI GURUDEV

FEBRUARY AND MARCH

Programs outside the
United States

Please call
Satchidananda
Ashram for
details

23-27 Tuscany
ITALY

Italian Yoga
Federation
Conference

APRIL

Buckingham, VA.

Satchidananda
Ashram

JUNE

14-15 Honesdale
PENNSYLVANIA

Ninth Inter-
national Con-
gress: Hima-
layan Institute

MAY

10-12 Louisville,
KENTUCKY

Public Lecture &
Medical School
Lecture

16-18 Pomfret Center
CONNECTICUT

Annual June Re-
treat: Satchida-
nanda Ashram

HOLY DAYS & OTHER SPECIAL DATES

MARCH

- 2 World Day of Prayer
- 7 Ash Wednesday
- 17 Full Moon
- St. Patrick's Day
- Holi (Hindu)
- 18 Purim (Jewish)
- 20 Spring Solstice
- 28 St. Theresa of Avila: Birthdate

APRIL

- 1 Avan Jashan (Parsi Water Festival)
- 8 Lord Buddha: Japanese Birthday Celebration*

- 10 Ram Navami (Hindu)
- 15 Full Moon
- Palm Sunday (Christian)
- 17 Passover (Jewish) continues through 24 April
- 19 Sri Thirunavukarasar: Birthdate
- 21 Feast of Ridvan (Baha'i) continues through 2 May
- 22 Easter (Christian)
- 29 Lailat al-Miraj (Islam)
- 30 Adargan Jashan (Parsi Fire Festival)

*According to our information, the birth-
day of Lord Buddha is celebrated at dif-
ferent times by different countries.

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THE PRINTING FOR THIS ISSUE OF
INTEGRAL YOGA MAGAZINE IS MADE
POSSIBLE BY A GENEROUS DONA-
TION FROM THE REVEREND RISHI
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INTEGRAL YOGA AND YOU

INTEGRAL YOGA Magazine is the official organ of the Integral Yoga Institutes, Teaching Centers, and Satchidananda Ashrams. These centers are vehicles by which the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga — including Hatha, Raja, Karma, Bhakti, and Jnana Yogas — as well as instruction in Yogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services, and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total Yogic living, are also possible. Those interested are invited to telephone or to visit the centers.

A wide range of guest programs are offered at the Ashrams in Buckingham, Virginia and Pomfret Center, Connecticut. Located at the Virginia Ashram are: The audio-video department, book publishing and distribution services; a school for children (Yogaville Vidyalayam), and the international coordination offices for all Integral Yoga Centers. The LOTUS (Light Of Truth Universal Shrine) is under construction, and an Integral Yoga Health Services Clinic is now in the early planning stages.

For more information, to arrange for an Integral Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed inside the back cover of this Magazine. We are here to serve you.

On this, the day of my birth, I would like to give you a token of my appreciation for your influence on my life and the world. Enclosed is one dollar for each year I have lived. I only wish I had more to give you for your ministry for world peace.

— L.M., Charlottesville, VA

When Thanksgiving comes along I always think of you and our wonderful family of people on the path. I feel so thankful to have you as my teacher. Sometimes I wonder how such a blessing happened to me.

At this Thanksgiving I'm especially grateful to you for helping me to increase my trust in the Divine. For a number of years I suffered from deep fear and anxiety concerning my oldest child (M.) and her challenge with alcoholism. Several times it brought her to death's door. I knew God was asking me to surrender. At retreats, I always asked questions pertaining to this, and your answer was always the same: renunciation, surrender. I couldn't do it because of fear. It was a real Abraham and Isaac situation.

One day after her second hospital treatment, the *Integral Yoga Magazine* arrived with your article concerning parents and children. M. had experienced a relapse and had quit her only job in years — something we had worked hard to help her get. It was a discouraging time.

Somehow your words jumped off the pages and into my heart. I realized that I had done the best I knew how, that I had tried to give M. love but she was really God's child and it was time for Him to take charge. At that moment, I said, "All right, Gurudev, you've been telling me all these years to surrender. You can have her; I surrender her to God and Guru."

Sri Gurudev

Two days later M. found a good job on her own — that has been almost a year ago now — and she still has that job. She got two salary increases in the first five months on this job! She and I continue to be close and supportive. She is a beautiful soul. Alcoholics Anonymous has been her spiritual path and has helped her so much. Whatever happens now, I believe it is for good.

I feel a sense of peace about this which I could not find for ten years! Your spiritual guidance has been profound. I will always be your loyal disciple.

— B.

Once again I wanted to write to you to express my thanks for your teachings. My life has really changed since I started reading your books. My youngest brother has been going through a rough time. He's living life in the fast lane in New York City and has become very confused. I sent him a copy of your book *To Know Your Self*. I wasn't sure if he'd even look at it, but he called me a few weeks later and said, "I love this book!" He lent it to his girlfriend, who also was very interested in your words. So you are touching many souls, and it is beautiful to see.

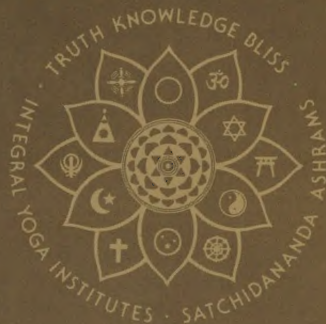
— K.S., New Jersey

Before, the *Integral Yoga Magazine* was wonderful and I loved to receive it. Now it is stunning! It's a joy to hold in my hands.

— C.S., Barrington Hills, IL

Thank you all so much for the very beautiful October/November 1983 issue of the *Magazine*. It is representative of the refinement of IYI activities and offerings which is blossoming now. As always, it is so inspiring!

— P.W., Colorado Springs, CO



Integral Yoga® Magazine

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SRI SWAMI SATCHIDANANDA is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being: "Truth is One, paths are many." His main residences are in Buckingham, Virginia during the summer and Santa Barbara, California during the winter. He also travels widely, sharing with people through every possible medium: lectures, conferences, radio, television and newspaper interviews, books, and visits to centers around the globe in the fields of education, religion, health and Yoga.

IT'S ALL FOR GOOD

Sri Srirami Satchidananda

From Gopal Metro (age 6): Dear Gurudev, I love you. I have been trying to stop sucking my thumb. Two weeks ago I slammed it in the door of our van. It is still sore after two weeks. God must have caused me to hurt my thumb because now I don't suck my thumb anymore. I love you.

What a beautiful understanding this boy has. Thank you, Gopal. You are reminding everyone to see a benefit even in cases of adversity. This is a fine example. God wanted to help you stop sucking your thumb, but nothing seemed to be working. He saw that the only thing to do was to have your thumb be in the van door. Now that hurt is helping you. Of course it doesn't mean that a child who is trying to stop sucking his or her thumb should purposely put the thumb in a car door! No. Please be very careful and remember that if it is necessary, God will make it happen without you being able to stop it. Take good care of your thumb, the rest of your body and your mind. God will take care of everything else.

All the adults can take lessons from Gopal. He really understands that it is all for good, that from pain and inconvenience we grow and improve. As I just said, we don't need to purposely cause the pain ourselves. God will send the right amount, at the right time.

The Wise Minister

There is a story which illustrates this point beautifully. Once there was a king who had a wonderful wise minister. This minister was very loyal and devoted to his sovereign, and the king would never leave his palace without this man by his side. They were always together.

One day the monarch was cutting a piece of fruit. By mistake, he cut his finger. As it was being treated, he asked the minister why this happened. "I was very careful," he

explained, "but the knife just seemed to slip all by itself and gave me this deep cut."

The minister looked at him gently and said, "Don't worry, Raja. It's all for good."

The king became furious. "What kind of philosophy is this? I have cut my finger. The blood was pouring, and still it hurts so much. Yet you stand there calmly and say, 'It's all for good.' If that's all you care for me I don't want you around anymore."

He called his guards and told them to take the minister to jail. As he was being taken away, the minister simply said, "Fine. This is also for good." Quietly he submitted to imprisonment.

Several days later, the king decided to go hunting. He went far into the forest with his large group of companions. At one point, he started chasing a beautiful deer. His horse was the fastest one, and soon he was far away from everyone else in the party. Still the deer managed to escape. When the king realized where he was, it was too late. He had gone very deep into the jungle and was lost.

Fortunately the raja has been on many adventures, and he stayed calm. He was very tired and thirsty. Nearby there was a big, green tree with a small brook running past it. He drank his fill, then leaned against the tree and in its shade he fell asleep.

A little rustling sound woke him, and he slowly opened his eyes. What he saw made him freeze. A huge lion was standing right next to him, smelling the king's body. He didn't know what to do so he just stayed still and watched the lion. It continued to sniff all over him. Suddenly when the lion was sniffing one of the king's hands, it drew back, snorted and ran away.

The king was amazed by his good fortune. Of course, he had been so frightened that there was plenty of adrenalin pumping;

he was wide awake now! He leaped up and began shouting for his hunting companions, and eventually they found him. "Listen," he told them. "A lion came while I was sleeping. He was huge and ferocious-looking. He was all ready to eat me, but something mysteriously happened. All of a sudden, the lion just left."

"That's wonderful!" they exclaimed. "You're really lucky." But none of them could explain what had happened.

When they returned to the palace, the king had the minister brought from the jail. He told the whole story in every detail.

The minister simply said, "It's all for good, Maharaja."

"What do you mean 'all for good'? That doesn't explain why the lion just went away without even biting me. What is the explanation?"

"Maharaja, the lion is the king of beasts just as you are the king of the people. When somebody offers you a fruit, it should be a clean, wholesome fruit. The lion wants his food this way too. When it came and looked at you, sniffed at you, it could tell there was something wrong. The minute it smelled the cut finger, it knew that you were not whole, not fit. As the king of beasts, it didn't want to eat you. So you see, Raja, the cut finger saved your life. Now do you understand that it's all for good?"

"You're absolutely right," the king replied. "As soon as the lion sniffed my hand, it snorted, as if in disgust. Then it ran off. You knew what you were saying all along. I'm so sorry that I had you locked up."

"Hmm. I just remembered that as they took you off to jail, you said, 'This is also for good.' What is the good that happened by your imprisonment?"

"Maharaja," the minister said, "You know that normally we are never separated. Surely I would have been with you on the hunt and would have raced after you through the jungle. Then we would have both been sleeping under the tree when the lion arrived. He would still have rejected you but would probably have swallowed me because I had no cuts! You see, because you put me in jail my life was saved. So it's all for good."

Good Outcome

It is not often easy to see the good in adversity when it occurs. When you find yourself in pain, remember this story. The benefit may not make itself clear until

much later, but it is there. Have faith in the positive outcome. Tell yourself, "It's all for good."

It's like a *mantram* in a way. You can repeat it again and again to give you courage.

When young Gopal has such beautiful faith in spite of the pain, the grownups should really be able to put this into practice. So remember, when there is pain, there is gain. When adversity, discomfort, or any kind of difficulty comes, know that it's all for good.

Question: Why is it so difficult to be disciplined?

Sri Gurudev: It is part of Nature. There is a natural gravity. It's easy to push things down, but hard to lift them up. You can fall easily, but you cannot easily return to that same spot. That's Nature's pull. Fortunately we have been given the capacity to face it and overcome that tendency. This capacity is what we call discipline. With proper discipline you can overcome anything.

Nature, herself shows us the importance of discipline in life. Everything in nature is disciplined. There is discipline in the movement of the planets, in the growth of flowers, in the actions of animals. Every atom moves with a certain discipline.

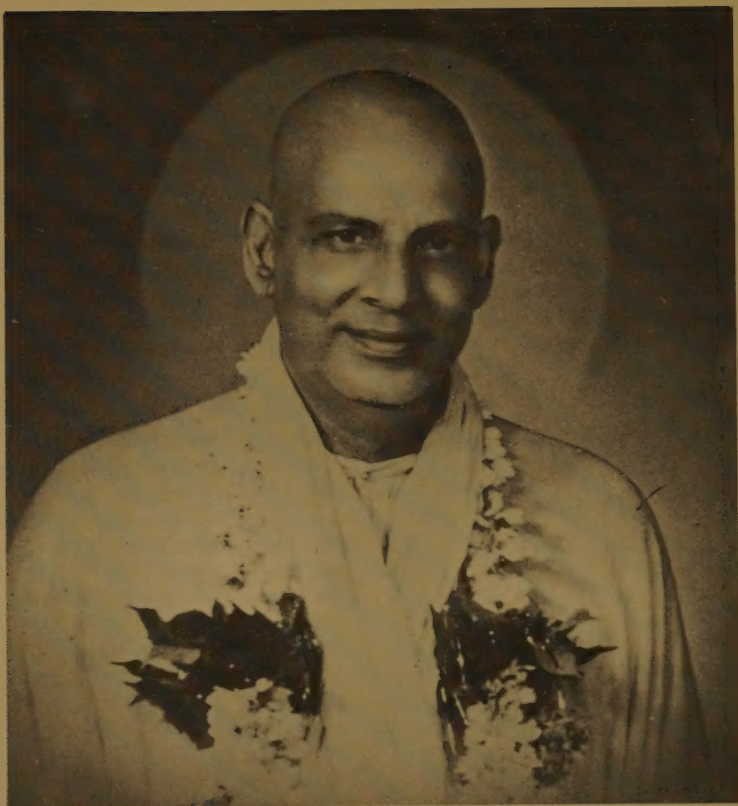
Then why is it hard for us? That is the mischievousness of God. Only to human beings has God given a kind of freedom. If you want, you can discipline yourself. If you don't want to, you can be undisciplined.

Not even the divine beings have this freedom. All the devas are disciplined. Every species above and below is disciplined by Nature...except for human beings.

Use your freedom to free yourself by disciplining your life. Some people have true freedom, some have free-dumb. Yes, as a human being, you are free to be dumb!

As human beings there are so many choices available to us. If you know how to use those choices for the benefit of yourself and others, that is discipline. Remember you should use the freedom of choice, it should not use you. This is the beauty of the human species: the choice for true Freedom or free-dumb. If we choose to be disciplined, we can achieve something really great. Choose that kind of life. Make use of this birth for superior achievement.

from a Satsang at Yogaville, Virginia
October, 1983



ON THE MARCH

BY SRI SWAMI SIVANANDA

Sadhana (spiritual practice) is a lifelong process. Every day, every hour, every minute, is an onward march. Obstacles are innumerable in this great voyage. But, so long as you hold God as your guide, there is nothing to worry about. You are sure to reach the other shore.

Good intentions alone will not do. They must be backed up by good actions. You may enter the spiritual path with the best intention of attaining God-realization, but unless you are vigilant and diligent, unless you do rigorous *sadhana*, unless you guard yourself against selfishness, the good intentions alone will not enable you to achieve success.

Moral purity and spiritual aspiration are the first steps in the seeker's path. Without a strong conviction in moral values, there can surely be no spiritual life, or even a

good life.

The spiritual path is rugged, thorny, and precipitous. The thorns must be weeded with patience and perseverance. Some of the thorns are internal some are external. The spiritual path may appear to be very hard. Renunciation of objects gives pain at the outset. If you make a strong determination and firm resolve, then it becomes very easy. You get interest and new joy. Your heart expands. You have a broad outlook on life. You have a new, wide vision. You feel the help from the invisible hands of the Indweller of your heart.

Your doubts are cleared by themselves by getting answers from within. You can hear the sweet voice of God. There is an indescribable thrill of divine ecstasy from within. There is deep, abiding, everlasting joy and unruffled peace. There is ineffable, unabating, undiminishing, undecaying

spiritual bliss. This gives new strength. The footing in the path becomes firmer and firmer.

You are backed up at all times by a mighty power that works everywhere in the cosmos. Therefore you have nothing to fear. Take care of the details in *sadhana*. The major factor will take care of itself.

Some aspirants leave *sadhana* after a while. They expect great fruits quickly. They expect many *siddhis*. When they do not get some, they give up the practices. There are several ranges of consciousness between the ordinary human consciousness and the supra-consciousness of Liberation. Different viels have to be torn down on the way; many lower centers have to be opened; many hurdles have to be crossed before the final goal is reached.

No Jumping

You cannot climb Mount Everest in one jump. There is no jumping on the spiritual path. Self-realization is not like a six-year post graduate course. It is the result of intense, protracted *sadhana*. Then alone can you conquer delusion; then only can you control the mind.

Yogins will never think that they have controlled the mind completely. It is the very nature of life, mind, and *Prakriti* to be constantly in motion. When there is the idea in the mind that the highest goal is yet to be achieved, you will always move toward it. Aspire for higher and higher realization until the breath ceases in the nostrils.

Spiritual progress is like a spiral. In the beginning, great striving is needed. Gradually the circle becomes smaller and smaller. In the same way the striving becomes less and less. The aspirant gains spiritual strength slowly. He marches faster and faster. Finally, he does not go by furlong after furlong. He proceeds by mile after mile. He gallops. Therefore, be patient; be persevering; be steady.

Stick to It

Do not stop *sadhana* when you get a few glimpses of realization. Continue practice until you are fully established in the unconditioned Brahman. This is important. If you stop practice and move about in the world without it, there is every likelihood of a downfall. The reaction will be tremendous. Numerous persons have been so ruined. A glimpse cannot give you perfect safety.

Do not let failures discourage you, but go

on doing your best. Do not brood over your past mistakes and failures, as this will only fill your mind with grief, regret, and depression. Do not repeat them in the future. Be cautious. Just think of the causes which led to your failures and try to remove them in the future. Strengthen yourself with new vigor and virtues. Slowly develop your will power.

Every temptation that is resisted, every evil thought that is curbed, every desire that is subdued, every bitter word that is withheld, every noble aspiration that is encouraged, every sublime thought that is cultivated, adds to the development of will force, good character, and attainment of eternal bliss and immortality.

Every bit of *sadhana* done is surely recorded without fail in your hidden consciousness. No *sadhana* ever goes in vain. Every bit of it is credited immediately toward your evolution. This is the law. Think not negative thoughts but calmly go on with the *sadhana*. Be regular in it. Little by little, the power accumulates and it will grow. Ultimately, the cumulative force of all the continuous earnest *sadhana* done perseveringly and patiently over a long period of life has its inevitable grand consummation at the supreme moment when it bears fruit in the form of blissful Realization.

Today is the Best Day

Act now. Live now. Know now. Realize now. Be happy now.

Every death is a reminder. Every bell that rings says, "The end is near." Every day robs from you one part of your precious life. Therefore, you should be very earnest in plunging yourself into constant *sadhana*.

Never fall a victim to fruitless regret. Today is the best day. Today is the day of your new birth. Start *sadhana* now. With folded palms, bid goodbye to past mistakes and faults. You have learned your lessons. March forward with new hope, determination and vigilance.

Waver not. Fear not. Doubt not. Do something substantial in the path of *sadhana* instead of wasting your time in idle pursuits and lethargy. You have infinite strength within you. There is a vast reservoir of power within your. Therefore do not lose heart. Obstacles are stepping stones to success. They will develop your will. Defects remind you of perfection. Sin reminds you of virtue. Choose the positive path.

— from "Bliss Divine"

CHILDREN'S CORNER



VISIT TO PLANET STAR

BY JOTI ANN FRANK

That bright morning they were playing catch. Suddenly Sandy stopped. "Look!" she yelled. "There's a spaceship landing in the empty field!"

"Oh, come on Sandy," said her brother Skip. "You don't really believe in spaceships." Skip turned around. Was he ever surprised!

They hurried toward the field. The door

of the spaceship slowly slid open. An Earthling-like boy appeared with a bright star sparkling through him.

"Hello, who are you?" asked the star boy in a friendly way.

"I'm Skip and this is my sister Sandy."

"Who are you?" asked Sandy.

The star boy jumped off the spaceship. "I'm Starbright of Planet Star. I've come here to invite some Earthlings to our Star

Family Festival. Would you like to come?" "Sounds like fun!" said Sandy.

"Let's go!" said Skip. "Quick, Sandy, run home and ask Mom!"

"Mommy, Mommy, can Skip and I go to Planet Star with Starbright?" "Sure honey," replied Mom. She thought her children were playing a new game.

Soon the children were inside the ship "Shooting Star". They darted through outer space. They were curious about the star sparkling through Starbright.

"Everyone on Planet Star is born with a star just like mine. Our stars keep us alive," said Starbright.

"Just like our hearts keep us alive," added Skip.

"Now hold on! It's already time to land!" announced Starbright.

Safely they landed on Planet Star. Starbright's family and neighbors were gathered for his landing.

"Look!" someone said excitedly. "Starbright has brought back two Earthlings! And they look like Star children, but with hearts!"

A dog-like creature jumped up to greet them. "Star Rover, it's good to see you," said Starbright.

"Welcome, Earthlings. Welcome to Planet Star," said Starbright's Dad.

Everyone gathered at Shining Sun Park for the Star Family Festival. Skip and Sandy were treated as royal guests. They were entertained with Star songs, dances, and tricks. The Earthlings were asked to climb atop a pyramid of Star children.

"It's time for the Star Food Feast!" announced Grandma Silver Star.

Laughing, the children tumbled down and up to the star table.

It's a blessing to share our Star feast with Earth friends," said Grandma. "May this food fill us with strength, light, and love."

"I can't believe it!" said Skip. "Star food tastes so much like Earth food."

By accident Skip ate too much Starburst popcorn. His stomach felt like bursting that evening.

Everyone settled down to sleep underneath the sky stars. But Sandy and Skip were not sleepy at all.

They felt sad. Teardrops trickled down Sandy's cheeks. Skip, with a tummy ache, sighed, "There's stars in the sky and stars inside everyone around us. But we have no stars in us."

Starbright woke up. "You need not be sad," he whispered. "My star is powered by love. And I can see love living in your hearts."

"Love inside our hearts?" wondered Skip. Sandy felt hopeful. No longer sad, the children closed their eyes. Soon they fell fast asleep, with smiles on their faces.

In the morning Starbright said, "Come and see my family's home!"

The children piled into the family astromobile with: Starbright, Ma Wondershine, Pa Super Star, Grandma Silver Star, Brother Rock Star, Cousin Twinkle Toes and Star Rover.

Before long they pulled up into the driveway of the family's star-spangled house.

Once inside, Starbright led his Earth friends to his bedroom. "What a neat room!" said Skip.

Sandy went up to a mirror on the wall. "Hey, I can see love sparkling in my eyes." "I can feel love jumping in my heart!" said Skip.

The three happy children skipped out to the backyard.

In the garden Grandma Silver Star was working. "Hello Grandma," said Starbright. "Can we help you?"

"Sure," said Grandma. "Helping hands are happy hands."

"And happy hands have love in them," added Starbright. Together they planted starberry plants.

When they were done, Skip looked at his watch. "We really should be heading back to Earth. Goodbye Grandma Silver Star. You're the greatest," said Skip. "Goodbye Grandma. I love you," said Sandy. Grandma Silver Star kissed her Earth friends farewell. Starbright went to warm up the spaceship "Shooting Star".

They dashed down to Planet Earth. At sunset they landed in the empty field.

"Thanks for taking us to Planet Star," said Skip. "Please come again," said Sandy.

"I'll return. I know I will," replied Starbright. They hugged goodbye, with star and hearts together.

The Earthlings jumped down. Starbright zoomed up.

"Is that you Skip and Sandy?" came a voice from across the field. It was Mom. She sounded angry. "Your Dad and I have been looking all over for you!" But Mom's heart warmed up. She felt the love, shining from the hearts of her children.

HOW TO QUIT SMOKING

BY SRI SWAMI SATCHIDANANDA

Many people complain that they are addicted to unhealthy habits: wrong eating, drinking, smoking, or something else. They don't want to continue with the habit, but they find it hard to stop. If we understand the reason for the addiction, we can easily stop it.

When do you call yourself "addicted" to something? When you have a craving for it. In the case of nicotine: because of habitual smoking, the person has accumulated a lot of toxic nicotine in the lungs and bloodstream. One day that smoker says, "That's it. This is bad for my health, and I'm going to stop." The resolve has been made, but the craving is still there.

What causes the craving even though the mind has been made up? There is something in that person that says, "You *must* smoke." What is that? It's the toxins that have already found a home in his or her system. By the smoker's previous habit, he has accumulated the toxic nicotine so that, even though he doesn't want it, the nicotine which is already in the body wants company. That is craving.

How can you get rid of it? Only by eliminating the nicotine which is already there. If one has very strong will power, he might overrule the craving without first eliminating the toxin, but not many people have that kind of will.

How can these toxins be eliminated? The Yogic practices will do it. *Asanas* (postures) and *pranayama* (breathing practices) are a great help. The pranayama, especially plenty of *kapalabhati* or *bastrika* (bellows breathing), actually burns out all the toxins. I-N-E Sisters

The proper diet is very important be-

cause the wrong diet adds to the craving. If you eat a highly concentrated protein such as meat, you will certainly want to drink a cup of black coffee too. Why? Because the meat brings purine, which is another kind of toxin, into your system. When the purine comes in, it invites its sister caffeine: "Hey! I'm in here. Why don't you join me?" Then those two call for their other sister nicotine. I call them the I-N-E sisters. They are the reason why after a big meal the person will also want a cup of coffee in one hand and an "extra millimeter longer" cigarette in the other hand. They all go together.

If you don't want nicotine anymore, stay away from the purine and the caffeine for some time so they won't send invitations to their sister. Try to eat a nice, clean, well-balanced vegetarian diet. If becoming a vegetarian right away is too difficult, at least eliminate red meat immediately and try gently working toward a completely vegetarian diet. If you follow these suggestions for Yoga practices and diet, you won't have trouble quitting the habit. Instead, the habit will quit you.

I can guarantee it. I have seen this in thousands of cases. Then the body will be so relaxed. In a very healthy, relaxed, pure body the mind is also more comfortable and calm. The flesh is not a bondage to the spirit then. You may be a capable driver, but if all the nuts and bolts in your car are loose, where can you go with all your skill? When the car is like that the road is not safe for you or anybody else.

So take care of the body. We want a sound mind in a sound body because the mind can only act with the help of the

body. If the body refuses to follow the mind, the mind has to just listen to that. That's why, if after eliminating the nicotine from your lungs, your mind still wants to take a cigarette, you will find it very hard to smoke. When your lungs are that clean and pure they will hate the smoke.

Remember your first cigarette. You had to slowly educate your lungs to stand it. Can you just inhale the cigarette smoke and blow it in the face of a baby? You will immediately see how dissatisfied the baby is, how suffocated it feels. You were a baby yourself; you had a baby's pure lungs but slowly you educated your lungs to accept poison. When you eliminate the nicotine, the lungs get re-educated, and you go back to your original purity.

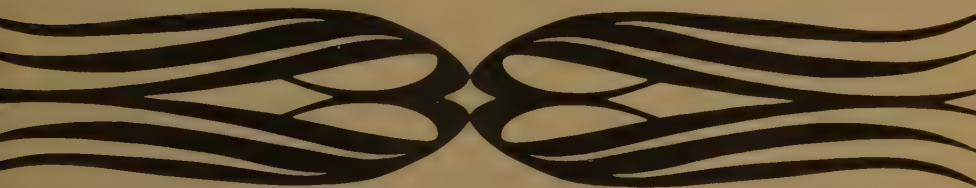
Natural Smoke

Occasionally someone will say, "Yes, that

cigarette smoking is really terrible. It should be stopped. I never touch a cigarette but only use the 'natural' weed." The person is talking about marijuana, of course. Sometimes they seem to be expecting me to approve that! No, it is no different from the nicotine. You are still polluting your lungs when you inhale that smoke. Both of them should be illegal.

I hope this will inspire any smokers to remove this detrimental habit from their lives. Know that it is you — not a 100-millimeter cigarette — that is the master over your body and mind. Don't let yourself become a slave to habits and cravings.

With the help of these hints, it is my sincere prayer that you can part company with one or more of the I-N-E sisters and live a natural, clean, and healthy life.



By Swami Divyananda Ma

THE DANCE

These days my days and nights
turn like the bright pages of a book!
I don't even stop to read a line
I just dance; I dance and twirl and leap
'til I tumble down in the clasp of night
to sleep in a deep fold of time.

But now, for now, the moment is mine.
Look at the sky!
— The night breathes onto the hilltop,
a plump moon lolls
in her hammocking of stars,
waters sparkle in the bay;
and everywhere, everywhere I can see,
a warm breeze befriends
all the buildings and trees — Sweet Lord!
Let me not let this day end
without saying it aloud, again:
I love you, dear life, I love you!

Throw me a rose in the morning!
Wake me up with a Big Band playing!
I'm glad to dance!
Yes, I'm glad to dance,
though you twirl me about in such
a tight embrace I haven't the chance
to even see your face — still,
I love you, sweet life, I love you!

In Search of Happiness

(By Debra Rosenzweig)

I first experienced tofu, nutritional yeast, and "vegee" burgers when I was eight-years-old. These foods are evidence of the extraordinary lifestyle I have led. Vegetarianism was just the first step in my mother's transformation. To contradict the ideas of my mother, I developed an overwhelming disgust for anything natural or healthy and especially anything "spiritual".

However, as the years flew by, my understanding and sympathy grew. I learned that just because something wasn't "normal" did not mean that it was bad. It was a diffi-

cult and painful task getting used to my mother and her oddities. Yet, now that I look back on the good old days of yoga classes in the living room, I am glad that my mother did not conform to the average 1970's way of life of chauffeuring me around to Girl Scout meetings in a brown chevy stationwagon, and searching incessantly for the miniature bathtubs I needed for my dollhouse. I think I am fortunate that my mother was "different". With her, I have developed unadulterated views about society, and I escaped the sense of bigotry that I



would have felt about nonconformists.

About a year ago, my sister and I went down to the Ashram in Virginia where my mother lives. Tears bitterly stung my eyes for the entire nine hour ride on Amtrak. I grieved over the fact that in such a short time I would be forced to acknowledge and accept that my mother wasn't like others. Yet, I still prayed in vain that she had not really transformed into one of the monks that she had introduced me to earlier.

When the trees and houses from outside the train window were no longer a blur, I prepared myself to face the unavoidable. I saw her. She was wearing an orange cotton robe and her hair was only a quarter of an inch from her head from her recent monastic initiation. She even had a new name — Swami Krupananda Ma. Yet there was a gleam in her eye and a glowing smile on her face that put my anxiety to rest.

After hours of discussion in her small room shared with two other seekers, I began to understand why that inner warmth I saw earlier was there. She clarified to me why she had chosen her form of life, and I now respect her and what she stands for.

Her sole purpose in life is to perfect herself, to eliminate all of her negative qualities and to love others. She explained that it is not possible to love and aid others until you love yourself. All these outrageous things I thought she was doing were tied in to achieving selflessness, her goal which can eventually lead to aiding mankind.

During the ride back to New York I felt myself once again in tears. Yet, these tears did not stain my cheeks with sorrow or hardship. I felt like a lawyer who had no more evidence or witnesses and leaned toward his opponent's view. The only resource he had to fall back on was a deep down feeling as to why his side should win the trial.

I may not agree with all the methods my mother has used to accomplish her goals, but I now understand that the methods she is using, however strange they may seem to me, are working. She will never be completely "normal" by our society's regulations. Yet, I no longer criticize her ideas and lifestyle. I can find nothing in myself but praise and admiration for her fervent search for happiness.

Bees & Honey

We were working in the orchards near Sri Gurudev's house one morning, and he came over to encourage us. He consulted with Sister Mirabai (the Ashram landscape designer) about the ground cover which would go under the trees. They agreed on clover, but Mirabai pointed out that the clover would attract many bees at certain times of the year.

"That's okay," replied Gurudev. "They won't get any honey from me. You people are getting it all. Just by *be*-ing here, you are my bees. And when there are a ton of bees around, sometimes you [speaking of himself] get beaten — bee-ton — or even bitten! But the bees still get the honey."



The Greatest Gift

By Reverend Lakshmi Levy

"The government should see to it that every child in this country has at least one toy for Christmas," Sri Gurudev said on the 22nd of December. "So many children won't get even one little toy. Until the day the government will take responsibility for this, we should do whatever we can in our own community to find those in need. There are so many people — adults and children — who have little or no food, who are destitute. To the best of your ability, find out which of your neighbors is indigent. If your capacity allows you to give to the whole world, that's wonderful, but at least start in your own backyard. Do whatever you can to help others..."

"Every time we have a celebration, we should think of the underprivileged (whether they are celebrating the same holiday or not) and give something to them."

Reverend Lakshmi Levy took Sri Gurudev's words very seriously. In the following article she tells how the Ashram's caring and sharing is growing. What she doesn't tell is how much time she personally put into this noble example of Sri Gurudev's teachings. She has been a great inspiration to everyone in our Ashram community and to students of Sri Gurudev who live in other areas.

There is nothing quite like Christmas at the Ashram. Those of us from Christian backgrounds can call forth memories of Christmases past — the smell of baking sweets and breads for the neighbors, children giggling behind closed doors as present wrapping took place, the glorious sounds of a Christmas Eve Service with choir and organ resounding with carols. Yet, I think, nothing can compare with our Christmas at the Ashram.

First of all, we have managed to recreate most of these lovely traditions while adding our own distinct flavor to each. Multiply the amount of baking and giggling and wrapping and resounding singing many times over and there you have our Ashram family at Christmastime. Of course, we also celebrate Hannukah, which takes place near Christmas, and Sri Gurudev's Jayanthi

(birthday) which is the 22nd of the month so December is truly a time of light and festivities at the Ashram. Over the years we have developed our own Christmas traditions which reflect our widely varied backgrounds and our desire to remember the true Christmas: the birth of a great saint.

I'd like to share with you about one of our traditions, how it started, how it took hold on our hearts. When my husband Brahman, our children Ananda and Shanthi, and I moved to Buckingham in 1981, the pioneering Sackett family (Ramakrishna, Radha, Uma, and Jyothi) had been here since early 1980. Having moved from a relatively prosperous community of Pomfret Center, Connecticut, we were quite shocked to see some of the poverty in Central Virginia. Here there are quite a few families who live in shacks with no plumbing or electricity.

Christmas Past

At Christmas of that first year in Virginia, I contacted the Social Services Agency of Buckingham County to see what we could do to help. They were very pleased to hear from Yogaville and asked if we could help deliver firewood to the elderly or infirm. We were happy to do it. We also collected used toys in good condition from among ourselves, wrapped and labelled them for Social Services to give out. The Agency was so grateful for the little we did that it was quite touching. When I informed Sri Gurudev of the project, he responded by saying, "Why not have one of our people dress as Santa Claus and give out the presents ourselves?"

The following year, the Ashram *sangha*, family, had a different texture: there were more families, and of these several were in dire financial straits that winter. Thus at Christmas of 1982, the emphasis was on helping our own Ashram family. Not only did we give gifts to Social Services again,



but on Christmas morning Santa Claus was able to give one or more gifts to each child in the *sangha*. We also gave twelve huge baskets filled with fruit and cheese.

The food was made possible that first year by the birth of the Emergency Fund. The Emergency Fund was born out of necessity that hard winter of 1982. Several families experienced utter hardship: no work, no money for food, heat, or clothing. As well, they were sending their children to school and trying to pay tuition. The Fund started as most things do, on a small scale, neighbor helping neighbor. Those who had enough (and some who probably didn't) went to their shelves to collect groceries for our friends in need. Then as word got around, we began receiving donations of money. With this we were able to buy larger quantities of food. So at Christmas, we were able to give out ten food baskets to our members and several to Social Services.

Christmas 1983

Now we find ourselves at Christmas of 1983 — an entirely different story altogether. It's amazing how much the complexion of our community changed in one year. This has been a year of growing prosperity. Families who were struggling last year are now doing quite well. Many more families have moved here, and it is a time of building. Consequently when we asked for donations and toys this Christmas, the response was great. Over and over we heard, "Don't give to us. Give to those more needy."

Yogaville was on its feet. It was clearly time to put most, if not all, of our attention outside our own family and to our neighbors.

We invited the three-member force of Buckingham's Social Services to tea at the Ashram. This year I wanted to fully implement Sri Gurudev's suggestion that we be responsible for giving out the presents. The Committee was most enthusiastic at the idea of Santa visiting the poor. They gave us a list of ten families, with the names and ages of all members, as well as directions to their homes.

Sri Gurudev, naturally, was right, for it was with the greatest joy that we wrapped each toy and designated it for a particular child. Before ever meeting these people, we felt a great connection. We tried hard to be sure that each child in a family had presents

of equal "splendor" to avoid bringing grief instead of happiness. We bought large quantities of apples, oranges, canned goods, cheese, yams, potatoes. All the money, toys (new and used), and some of the food was donated by Ashram *sangha* members. The money was used to buy more food and toys. Our trailer living room was full to bursting with baskets of food and bags of toys for each family. Donations kept coming in, and it was soon clear that Santa and his elves would be making more than one trip. We spoke with Mrs. Gray and Mrs. Miles, who both own small country stores in the County. They each gave us the names of more families and elderly.

On three different days before Christmas, the Santa Express left the Ashram. Each time there was a different person acting as Santa with a different team of elves. They spent many hours on the country backroads and came home tired yet thrilled at the reception they'd been given, chastened by what they'd seen of the living conditions of the recipients. For every family we knew about, there were five more we didn't. We quickly learned to have extra baskets of food and bags of toys for the unknown needy.

Everywhere we were received with such great love and gratitude that truly we received the greater blessings.

It was an exhilarated group that gathered on the eve of Jesus' birth and swapped stories of what we had seen, how we could do better the next time. Everyone at the Ashram agreed that next year we would rather not exchange presents among ourselves (children excepted, of course) and give everything to the poor instead.

Yes, there is nothing quite like Christmas at the Ashram, where one can find South Indian and Jewish Santas, Episcopalians making potato *latkas* for Hannukah, men baking, women doing carpentry, and year round good spirit.

We certainly encourage people in other communities to follow Sri Gurudev's words of advice and think of the needy whenever you are celebrating a holiday. It's easy to find out which of your neighbors need help. The giving is the most beautiful of rewards.



OH COOKING



IN PRAISE OF SOUPS

BY SWAMI SHRADDHANANDA

Soups make a world of their own. They are a complete meal in a bowl. They can easily be nutritionally balanced, easy to digest, light, and low in calories. They can be enjoyed as breakfast, lunch, or supper. Not only that, but they come in combinations of colors to please the eye. Their textures cover the spectrum from consommés to creams and purees to almost-stews to delight the most finicky palate. They feed babies, folks on slimming regimes, and hungry laborers coming in from the cold. They

bring warmth to the body and relaxation to the spirit. They fill the house with a sense of comfort and ease. They vary from simple to hearty to sophisticated. You can be austere eating soups or you can satiate all your gourmet wishes. Last, but not least, they are the economical and fun way to use leftovers.

At the Ashram this winter, we have begun a tradition of serving a soup at supper-time. If someone is ill, we make clear soups with a base of onions and garlic and hot In-

dian spices. Normally, we would rarely use garlic and onions because of their *rajasic* effect on the mind; but they also serve very important medicinal uses.

Now and then the bon-vivant in us expresses itself with soups of a cream or milk base. Swami Dayananda Ma is an adept at bases of beans or dahl, and I like to see chunks of different colors and shapes in my soups. To turn a plain vegetable soup into something more substantial or fancy, we blend part or all of it give it body. You can add tofu and grains to your soups to give them a complete protein balance. A soup alone suffices, but will be nicely accompanied by crackers, bread, a baked or even boiled potato, or sprouts.

Here are a few soup samples from the Ashram kitchen. You can easily adapt the amounts to your own needs and tastes.

Three-Lentil Soup

Sautee onions and garlic in oil.

Add carrots, potatoes, sweet potatoes, parsley, and a can of peeled tomatoes.

Add water, red lentils, green lentils, and oily toor dahl.

Boil until lentils are soft. Season with salt or tamari.

This looks simple on paper, but it caused a sensation the day it was served, converting the staunchest soup-haters! If you add herbs such as thyme, basil, rosemary, and tarragon, this soup will taste French. If you add dried mustard, cumin seeds, and tamarrind, it will taste Indian. You can make this as thick or thin as you please.

Leek Soup

Sautee onions and leeks.

Add cooked carrots and potatoes.

Add water or milk.

Thicken with heavy cream.

Season with salt, black pepper, basil, and dill.

This is easy but it tastes like something from a restaurant such as La Grenouille!

Minestrone

Sautee onions, celery, leeks.

Add water.

Add tomatoes, cabbage, carrots, peas, corn, broccoli, spinach, parsley.

Add cooked beans and noodles.

Season with sage, basil, oregano, clove and parmesan cheese.

Cream of Spinach

Sautee onions in butter until soft.

Add water and heat. Turn off heat.

Blend raw spinach with some water in blender and add to the pot.

Blend raw tofu and add to the mixture.

Season with salt or tamari and basil.

Since we are thinking of winter cooking, we have used onions in these soup recipes. Remember that in the yogic diet, it is recommended that onions and garlic only be eaten once a week during cold seasons. These soups offer a perfect way to serve them.

Do experiment, with the confidence that a soup rarely ever does not taste delicious. Omit some ingredients and add your own favorites. The possibilities are endless.





We can enjoy Hatha Yoga as long as we live. No doubt, the many fruits from this delightful branch on the tree of Yogic practices are sufficient motivation to learn and continue these teachings. "Ha-tha," or "Sun-Moon" Yoga combines the third and fourth rungs of the ladder of Raja Yoga. It helps us uncover our innate radiant health by making our bodies supple, cleaning our blood, reactivating and harmonizing the endocrine glands, purifying our nervous systems, releasing any blocks of tension and thus eliminating stress.

Hatha Yoga helps cure all physical ailments and, in time, will free us of the cravings for cigarettes, coffee, alcohol, and other toxic substances.

Hatha is the science by which we may harmonize the sun and moon energies — the positive and negative currents in each of us — so we may recognize our oneness with all life and the entire cosmos.

Many already know of these benefits, because early on they became enthusiastic about Hatha Yoga when they were beginning students. But how easy it is to "fall off the horse" and let our regular practice slip. Sometimes it seems difficult to get back up happily and go on again. Here then are some light suggestions to help rekindle that early enthusiasm, and continue — this time further than ever before — with both steadiness and regularity. And this time you might taste even more of the fruits of Hatha practice.

Take it Easy

Remember that Hatha Yoga, like all spiritual practices, can and should be fun. "Take it easy," Sri Gurudev tells us again and again. "Life itself is play." You should be serious sometimes, but be lighthearted at the same time. So often we make a chore out of spiritual practices, just like forcing ourselves to do calisthenics or homework. Then it's just a matter of time until the mind rebels, and we fall off the horse. That is, we lose the regular rhythm of our daily practices.

FUN WITH HATHA YOGA

BY REVEREND PRAHALADAN MANDELKORN

Of course, it's more beneficial to be regular in our practices, to persevere for a long time. Still, Hatha Yoga shouldn't be an obsession. When time is limited, Gurudev suggests, just do about half of the postures that you normally do, then continue the next day where you left off. Also, if you come to a moment during the Hatha practices when you feel very peaceful and meditative, he advises us simply to stop the postures. Just stay in that lovely mood and enjoy the peace. Sit and meditate. Think how often you might have pressed on to "finish" your postures when you were already feeling uplifted and peaceful. So, let go of any obsessions and preconceived ideas about how it "has to be done."

Keep the Chain Going

Practice Hatha regularly in the morning soon after rising. (Unless you rise *before* dawn — then sit in meditation first to take advantage of that *sattvic* or tranquil period of the day.) Practicing at the same time every day builds discipline and will power. If you skip Hatha in the morning, it's easy to lose the opportunity altogether. The day can become so full of duties and appointments that suddenly it's late at night and there just wasn't time for those intended practices. Even with all this as a guideline, it's still good to vary your practice once in a while. Try practicing in the evening when you're feeling looser and can do the postures with more ease and flexibility.

Whatever the case, keep the chain going. If the day has slipped by and you didn't have time to do all the practices you intended, don't fret and think you've failed. Even if you're just getting to bed at two in the morning stop for three minutes and do a couple of Sun Salutations or simply sit for a few minutes of deep three-part breathing. Keep the chain going. That way you don't slip back. Then, when the pace of your daily life slows down a little, you can grow quickly from where you were before.

Remember that Hatha isn't a science designed to make you into an acrobat, a muscleman, or a beauty queen. True, it sometimes brings these results if practiced with that intention. However, the most satisfying benefits of Hatha are cleaning the body and calming the mind so we can realize our ever-joyful nature which is experienced when we aren't focusing as much on our bodies or our individual selves.

When time is short, Gurudev reminds us

that it's all right to do fewer postures, but always leave time for some Deep Relaxation and a few minutes of breathing practices, *pranayama*. How often people seem to think that to save time they'll just do the postures and skip the rest. That's like mixing all the ingredients for a cake and not putting it in the oven. The postures free the *pranic* energy to make natural adjustments wherever it is needed in the system. Nerve centers and psychic plexuses open up and the endocrine glands are massaged internally to emit the right hormones. All of these, and even more subtle effects, culminate during *Yoga Nidra*, the Deep Relaxation which is a Yogic sleep with awareness. At this time you can consciously withdraw from body and mind awareness. By observing the breath and thoughts you may then find your true identity as the Witness — that observing, infinite Self. After practicing Hatha Yoga in combination with *Yoga Nidra* for some time, experiences during the relaxation become revelations for expanding consciousness and provide insights in our daily lives. Deep relaxation is a reservoir of peace and equanimity which you can draw on during the rest of the day.

Loose Reins

Why not get back on that faithful charger again. Practice Hatha Yoga regularly, even if it's just ten or twenty minutes every day, or five or six days a week. Take a day off sometimes. "Don't ever go to your limit," says Sri Gurudev about this, "and you'll never reach your limit." Ride your horse with the reins loose. Don't always press yourself against a wall. Life does that enough as it is. Stop when you would still like a little more. If you can practice seven days a week, then practice for six days. If you could go for an hour-and-a-half of Hatha, try doing only an hour-and-a-quarter. Even in reaching to perfect a posture, don't go to your limit. "Never strain," says the Master. And keep the breathing easy throughout.

Except for the Shoulder Stand, Posterior Stretching, and the Head Stand, one minute each is all you need for the postures to acquire all the benefits and bring steady growth. As you progress, cut down on variations which are more to keep the mind fascinated than for your development and focus on some of the more important poses, holding them longer and giving them

more concentration. "A good Hatha Yogi," Sri Gurudev has said, "does fewer variations than someone less advanced." The practice of the more advanced student has become simpler and he or she needs less rest between the poses because he never strains, thus never accumulating tension which would need to be released later. The "more advanced" Yogi perfects his form and steadiness, watching his mind and thoughts during the entire Hatha session which has now become a meditation. During each posture, he either focuses his mind on a specific location in the body, concentrates on the benefits, or repeats a *mantram*. Thus, the asanas will bear fruit more quickly.

Get Up and Go On

Of course it's useful to refamiliarize yourself with the benefits of each posture and to study the other techniques of Hatha Yoga. Sri Gurudev's exceptional and authoritative explanation of this great science may be found in *Integral Yoga Hatha* by Yogiraj Sri Swami Satchidananda, published by Holt, Rhinehart, and Winston and available from Integral Yoga Publications. [It is now available in French as well as English.] This book is an endless fount of

Yogic wisdom, with enough subtleties to keep even the most avid Hatha Yoga enthusiast spellbound for ages.

Finally, if you fail, get up and go on., If you've stopped practicing as regularly as you did previously, don't be discouraged. This has happened to many of us even after years of regular practice. You'll be pleased to see that you can get going quickly and soon grow far beyond where you left off. But you have to get going to do it.

By using some of these tricks to keep the spiritual practices playful, you can surely enjoy the benefits. And, as you advance in your practice, you can drop some of the milder postures while adding more advanced ones. Don't ever think that anything is too difficult for you. Just approach it one step at a time. Little by little, you will master even the most advanced practices as you are mastering yourself.

The key is to keep practicing. Find any way to make a nice game of it, but keep on doing it. Keep calming the mind and purifying the body so the inner light can shine through unimpeded.

Remember Gurudev's advice — take it easy and have fun with your practice.

DAY BY DAY WITH SRI GURUDEV

EAST & WEST COASTS USA

Distinguished Delegation

The Bharatiya Vidya Bhavan is an organization whose objective is the reintegration and resuscitation of the fundamental values of the Indian culture in the light of modern knowledge and to suit the present day needs. Though the Bhavan has been well established in India for many years, 2 October marked the 2nd anniversary of the Bhavan in New York, as well as the birthday of Mahatma Gandhi. For the occasion, a delegation of distinguished dignitaries came to this country from India. The delegation included:

Mr. S. Ramakrishnan - The Executive Secretary of the Bharatiya Vidya Bhavan

Mr. C. Subramaniam - Chairman of the Bhavan International (overseeing all centers abroad); Vice President of the Bhavan in India; former Minister of India holding numerous posts

Dr. R.R. Diwakar - Chairman of the Gandhi Peace Foundation.

Sri Swami Ranganathananda - Chief monk of the Ramakrishna Order

The underlying purpose of their visit was to convey to the Indian community in this country, as well as the American people, the message and objectives of the Bhavan in general, and also to express the importance of one project in particular. That project is the establishment of a residential high

school located at the Virginia Satchidananda Ashram. The plan is for the building of three schools which would have a unique "world curriculum," organized by a very well known educator in London. One school is already operating in South India; the second school will be in London, and it was unanimously decided that the third school should be located at the Buckingham site on land donated by the Ashram. The proposal is to construct the school to allow 500 children to live there. They are hoping to lay the foundation on 2 October, 1984, Gandhi Jayanthi.

The delegation left New York on 3 October to join with Sri Gurudev in San Francisco, where "Indian Week" was being celebrated. The delegation, with Sri Gurudev, had the opportunity to meet with the Mayor of San Francisco, Ms. Dianne Feinstein, and presented her a life-size portrait of Gandhi, which is being prominently displayed in the City Hall.

Sri Gurudev and the dignitaries arrived in New York on 8 October. On that day they attended a luncheon at the Bombay Palace Restaurant, meeting with industrialists and well-wishers about the school and other proposed projects for the Bhavan.

The next day, Sri Gurudev flew with the group to Boston, for the inauguration of the New England chapter of the Bhavan. Professor John Kenneth Galbraith presided over the ceremony. The following day Gurudev participated in a seminar at the Harvard School of Divinity on "The Moral Implications of Gandhian Thought." The Divinity School was also presented with a painting of Gandhi. That evening Professor Galbraith hosted the dignitaries with a dinner at his home.

On the 12th, they met with Professor Robert Goheen at the Princeton University Club in New York. Professor Goheen is the former U.S. Ambassador to India and is currently the Chairman of the Bharatiya Vidya Bhavan in the United States. On the 13th, the group, along with Dr. Jayraman, the Executive Secretary of the New York Bhavan, left with Sri Gurudev for the Virginia Ashram. That evening there was a Satsang at the Ashram in which the dignitaries were honored by Sri Gurudev, and the Ashramites were honored by an uplifting talk from each of the eloquent gentlemen. The next day the delegation went to Baltimore, and on the 15th Gurudev joined

them in Washington D.C. for a reception at the Indian Embassy hosted by Ambassador Narayana. The following day, they had lunch with Robert McNamara, former Secretary of State and Chairman of the World Bank, at his house. After this, the delegation and Sri Gurudev exchanged the fondest farewells, and the group flew on to Albany, New York. The next day they arrived back in New York City and on the following day, 18 October, the dignitaries flew to London.

Everywhere they went the delegation met with a positive, enthusiastic response toward this "World High School," with people wondering, "When will it start?" The officials of the Bharatiya Vidya Bhavan feel the school will be very blessed to be on the Ashram grounds near the LOTUS Temple. And undoubtedly, the school will be an important and powerful addition to the Ashram Community.

I Am Conscience

On Thursday, 20 October, Sri Gurudev returned to New York. That night about 400 people attended a question and answer Satsang at the Christ Church United Methodist. As is usually the case in New York, despite the large crowd, the Satsang was lively and intimate, as the following excerpts reveal:

Question: How do you know if I am meditating correctly?

Sri Gurudev: How do I know? Because I am in you as your consciousness. You cannot hide from that. In that respect, you are never alone. Some people wear a pendant with my picture. When they go to bathe they don't leave the pendant outside. The idea is that I am in you as your own conscience. You are not doing anything behind my back. It's impossible. You should know that."

Question: How should a person relate to certain negative aspects of our present-day culture?

Sri Gurudev: "We need strong people to change these things. At the beginning of the month, I was in California, and had the opportunity to meet with the mayor of San Francisco, Dianne Feinstein. I admire her. Do you know that she has courageously brought about the control of smoking in public areas? And she has also initiated stringent gun control laws. We need cour-

ageous people like that."

On Friday evening, the Bharatiya Vidya Bhavan asked Sri Gurudev to bless their two day drama festival with his presence as the guest of honor. A total of eighteen plays were presented in different languages to

help create an awareness of the national and emotional integration in the India community.

On Friday evening, Gurudev went to the Sitar Restaurant, across the street from the United Nations, where 90 people were



Sri Gurudev with San Francisco Mayor Dianne Feinstein.

Mr. Ramakrishnan, Mr. Subramaniam, Sri Gurudev, Dr. Diwakar, Mr. Jayraman.

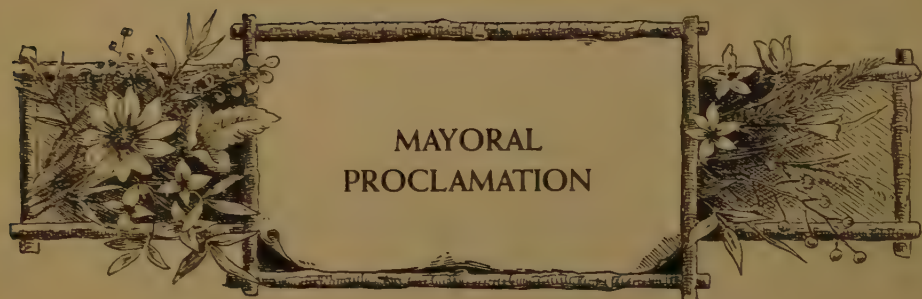


waiting for him for a LOTUS Benefit Luncheon.

At the end of the program, Sri Gurudev answered questions about the development of the LOTUS and concluded by saying: 'Thank you all so much for having come forward to give a hand in this project. Know that it is *your* project, *our* project, and everybody's project because it ultimately is going to benefit the whole humanity. This is something very unique - the first of its

kind in the whole world. We can all be very proud of it. Even the contractors, the construction workers, as the building is progressing they are looking with awe and asking, 'Is this what we are building? Can I bring my family to see this?' And when they bring their family, I can hear the children saying, 'My dad did this. My dad did that.' Oh, what a joy it is to watch that."

—Swami Asokananda



Whereas San Francisco is a city wherein people of many faiths, cultures, traditions and lifestyles live side by side in tolerance and harmony; and

Whereas the goal of world peace has been a universal yearning since time immemorial and is now for more crucial significance than ever before; and

Whereas the city of San Francisco is named in honor of one of the world's great peacemakers, St. Francis of Assisi, whose Feast Day is October 4th; and

Whereas the birthday of another great peacemaker, Mahatma Gandhi, occurs on October 2nd; and

Whereas an historic Interfaith Peace Festival has been arranged for that week by the unified action of some of the city's leading spiritual organizations, including the Brahma Kumaris World Spiritual University, Grace Cathedral, the Institute of Noetic Sciences, the Order of Friars Minor, the SAT Institute, the Society of St. Francis, the Sufi Order, Temple Emmanuel and the Zen Center; and

Whereas the purpose of this Festival is to generate an increased level of love, regard and cooperation amongst representatives of the major spiritual traditions and demonstrate to the national and global communities the practical possibility of such an interfaith approach to peace; and

Whereas the city and county of San Francisco wholeheartedly support the work of spiritual organizations toward bringing about world peace;

Be it therefore known that the Mayor and Board of Supervisors of the City and County of San Francisco, in honor of the Interfaith Peace Festival, hereby proclaim September 29th to October 6th to be Interfaith Peace Week.

INDIA

Sri Gurudev landed in Bombay on the 12th of August where long-time devotees Sohini Mehta and Jatin and Nalini Babhalia met him. Before taking an evening flight to Madras he met with well-known Bombay artist and sculptor Sri G.S. Kahlon, who has offered his services for LOTUS. Sri Kahlon plans to come to the United States and stay at Yogaville, Virginia making various items for LOTUS and the Ashram.

In Madras Sri N. Mahalingam, Justice Sengottuvelan, and the Principal of Konganadu College, Sri Aruchami, met Gurudev.

At a public reception, Sri N. Mahalingam, Forestry Minister Sri Virapan, Justice Sengottuvelan, and Sri Giridhari Prasad all joined in honoring Sri Gurudev and his service. Gurudev was praised as a great Maharishi, and it was expressed that in this day and age it is rare to find such a genuine guru. From Madras Gurudev was taken to Kancheepuram where in addition to the famous Shrine to the Goddess there is also a Shrine for the great Adwaiti Sri Shankaracharya. After worshipping, Gurudev was taken to visit the great *siddha* Sri Swami Siv-

Reviewing LOTUS plans.



ananda Mouna, whose Ashram is in the town of Thiruvallam. The 1975 India Tour group had the honor to meet this great Mahatma and on the way to Thiruvallam Gurudev recalled that visit. He told Justice Sengottuvelan and Sri Bahirathan that three miles from the Ashram the members had received Gurudev and the entire tour group with great pomp and ceremony. Now today when Gurudev arrived, a full marching band received him. He was honored with dozens of full-length garlands and decorated with silk turbans. A large procession accompanied Gurudev throughout the village taking him towards the Ashram.

When Gurudev arrived at the Ashram he was immediately taken to meet Sri Swami Sivananda Mouna who was waiting for Gurudev's arrival. Swamiji Maharaj had specially asked Sri Mahalingam to arrange for Gurudev to come to Thiruvallam to see him. He is a renowned and accomplished yogi who has been living in Thiruvallam, spending many of the years that he lived there in complete silence. He is also renowned for building the most opulent temples through India from the money that is donated to him by his many devotees, yet you can see in this great saint the total humility and simplicity and poverty that he has embraced as a *sannyasin*. It was a grand reunion for Swamiji Maharaj and Sri Gurudev. Though Swamiji Maharaj's health was very weak he insisted on garlanding Gurudev and draping him in a beautiful shawl. At one point as they talked Gurudev began to massage the legs of Swamiji Maharaj, who has some circulatory problems, and suggested to the disciples that this be done regularly for their guru.

That evening Gurudev left for Coimbatore by night train and arrived on the 16th. The train arrived at 6 am and the students of the Konganadu College, under Dr. Aruchami's direction, were waiting with beautiful pink rose garlands to receive Gurudev. Sri Krishnaswamy Gounder was also there. Gurudev was driven to the Kowmara Madam where he was received by Sri la Sri Sundara Swamigal who is the head of that Ashram. Here is where the artisans are at work making many items for LOTUS. Gurudev was shown the stone that was selected to make the large elephants which will stand at the entryway to the Shrine. We saw the stonecutters working, shaping the

rough granite that when smoothed will be a beautiful, highly polished, dark black color. The three-dimensional mehru upon which the central light will be placed was also under construction. Gurudev spent several hours inspecting the stonecutters' work and going over all the minute details for the finishing work. In the evening Gurudev also visited the woodcarvers who will be doing some of the woodwork for the LOTUS items. In Coimbatore Gurudev was showered with the love and hospitality of many beloved friends, relatives, and admirers. Sri N. Mahalingam and his family members, Sri Krishnaswamy Gounder and family, Mrs. Parvathi Arjunan, and Dr. and Mrs. Visvanathan.

On 18 August Gurudev left Coimbatore for several programs before going back to Madras. Just outside of Coimbatore at the Avinasi Temple a crowd was gathered to receive Gurudev, Sri Sundaraswamigal, and Sri Mahalingam. After worshipping in the Temple they were asked to climb up to the first level of one of the Temple towers which is undergoing renovation. Each person ceremoniously placed a brick and some mortar and offered blessings for the success of the project. A new kitchen was also just completed and Sri Gurudev was asked to light the first fire which will cook the food to feed the many *sadhus* and devotees. Gurudev was also asked to unveil a plaque which was built into the wall and to his surprise inscribed on the plaque was an acknowledgement for the funds donated to build this new facility which were offered by Sri N. Mahalingam in the name of the Coimbatore IYI. This program had been completely arranged, the kitchen built, all to coincide with Gurudev's visit but Gurudev did not know until he had arrived that all of this had been planned in his honor.

The next stop brought us about 30 miles further where a very large foundry had just been completed by Sakthi Enterprises. Sri Manickam, Sri Mahalingam's eldest son, is in charge of this project which was to be dedicated in another week. Sri Mahalingam had specially requested Gurudev to offer his blessings before leaving India since he would be unable to be present at the formal dedication. Gurudev offered a small *puja* and toured the facility which will melt ore and is one of the largest foundries to be built in South India.

Gurudev also toured the facility of Sri

Mahalingam's Sakthi Sugars factory. This is the largest processing plant for sugar throughout Tamil Nadu. Near the factory is another facility which has been built and functions under the auspices of Sri Mahalingam's many philanthropic works. The Sakthi Sugars Hospital serves the employees, who number over 2,000, and the community at large. Gurudev blessed the Hospital and the patients and offered the Maha Mrityunjaya Mantram for their benefit. After Gurudev gave a lecture to students of the Erode College, he took the night train back to Madras.

Gurudev had the opportunity to meet with long-time friends Sri C. Subramanian

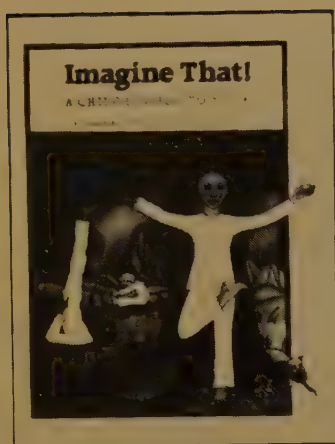
and Sri S. Ramakrishnan who are the Vice President and Executive Secretary of the Bharatya Vidya Bhavan. Gurudev also enjoyed a reunion with Sri Balakrishnan and his dear sister, the great Bharata Natyam dancer, Dr. Padma Subramaniam who graciously had given a LOTUS benefit performance in the States in June. The following morning Gurudev took leave of Mother India and all her beloved friends and devotees and flew to Malaysia. Infinite thanks is expressed to Sri N. Mahalingam for all of his graciousness and generosity in organizing every detail of Gurudev's stay in India.

— Swami Premananda Ma

— to be continued



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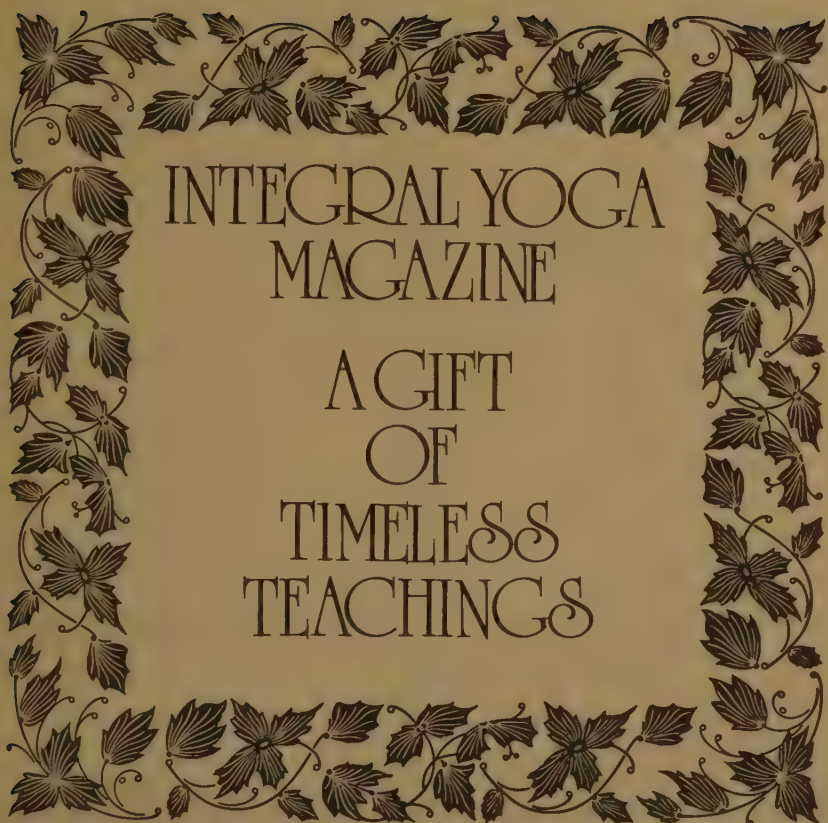
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we should think
of the underprivileged
and give something to them."

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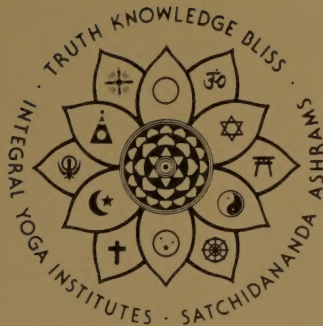


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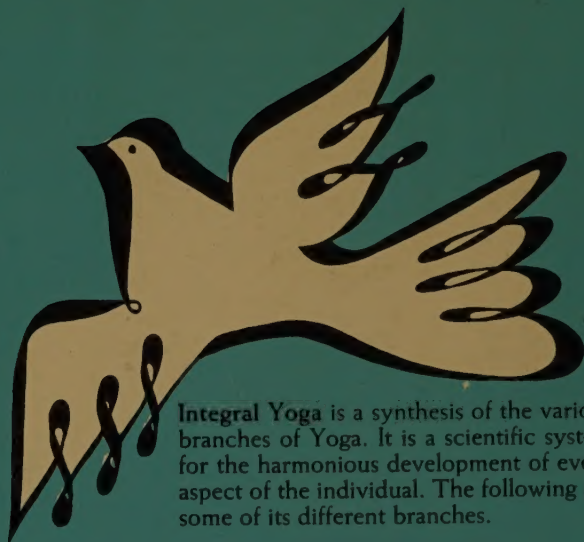
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Hatha Yoga Postures (*asanas*), breath control (*pranayama*), relaxation, and cleansing practices (*kriyas*) to purify and strengthen the body and mind.

Karma Yoga The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.

Bhakti Yoga The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.

Jnana Yoga The path of wisdom. By study, self-analysis and awareness, the Jnana Yogi ceases to identify with the body and mind, and realizes the Oneness.

The goal of Integral Yoga is: "A body of perfect health and strength, mind with all clarity and control, intellect as sharp as a razor, will of steel, heart full of love and mercy, a life dedicated to the common welfare, and realization of the true Self."

Sri Swami Satguru Devananda
— Sri —